EUGENIX® P.S.A SIMPLE SHARES
CORPORATION OF POLAR HAIR
TRIBE - ARCTICUS BLANCUS

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Eugenix® P.S.A. Indigenous Health.

Eugenix® Indigenous Health - Hair Changes Journal Book Instructions

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With regards to one's own heritage from the first to the last hair.

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Eugenix P.S.A. - Indigenous Health
Hair Changes Journal Book Instructions

About the Journal Book

Eugenix P.S.A. has developed and published the first Hair Changes Journal Book for Arcticus Blancus persons with heterotrichosis, as well as multi-indigenous individuals from Arctic, Coarctic, Rafaltic and Aquatic groups. The purpose of the *Eugenix® Indigenous Health – Hair Changes Journal Book (ISBN 9788368580006)* is to allow individuals and parents to record their own and their children's ethnic hair changes and related observations. This is especially important when shifts in hair type or color occur, or when multiple hair types and colors appear simultaneously and cause unusual medical or non-medical experiences, including random or periodic itching, tension, sensations, or disruptions in hair-to-hair harmony.

The original working title for this journal was *Ethnic Parenting Journal of Hair Changes*, reflecting its role in documenting the earliest and most important stages of a person's indigenous life. The more information that is recorded, the better equipped Indigenous institutions—such as Eugenix P.S.A.—are to understand an individual's indigenous development from the beginning. This documentation helps Eugenix P.S.A. provide informed guidance on matters related to indigenous relationships, identity, and eligibility for indigenous benefits and programs that the organization continues to develop and advocate for.

About the Hair Changes

Hair changes in a person can occur for several reasons. Eugenix P.S.A. studies these changes primarily within its own indigenous polar hair group, Arcticus Blancus. In general, hair changes are most common in multi-indigenous individuals who combine traits from various Arcletic groups and, in many

cases, Rafaltic or Aquatic groups. These groups naturally developed different hair colors over generations of living in distinct climates. When such diverse hair types and colors meet through procreation, each originating from its own climatic lineage, the ethnic hairs may behave as if they are defending their original characteristics from one another.

The Arcticus Blancus polar hair group places great importance on its unique polar hair. In polar regions with extremely low yearly sunlight, the white, translucent, and clear hair shafts allow the maximum amount of available light—especially the radiation that comes from the stars of the polar night sky—to pass through the hair and enter the subcutaneous tissue via the polar hair shafts and the polar skin complex. This process is similar to how natural light enters a home through clear or white glass skylight windows.

Causes of Hair Changes

Hair changes in persons with heterotrichosis, as well as in individuals who experience uniform whole-body hair phenotype shifts one or more times in their lifetime, may occur due to psychological factors, medical conditions, or a combination of both. Eugenix P.S.A. theorizes that such changes can reflect inner indigenous strengths and weaknesses, where one indigenous hair color may be absorbed, modified, or temporarily overtaken by another—sometimes later being reclaimed by the individual's original indigenous hair.

Environmental changes can also trigger hair transformations. Variations in daily light exposure, temperature, darkness, and precipitation can influence hair behavior, just as they did naturally for Arcticus Blancus and other polar species such as *Ursus maritimus*, whose white or linen-white hair evolved over hundreds of thousands of years of polar habitation.

Hair changes may also appear when body hair is allowed to grow. According to Eugenix P.S.A. theory, hair is more than a simple skin appendage - it functions as a multipurpose sensory system. Like the sensors of a weather station, hair can detect light, temperature, precipitation, pressure, pull, and may even receive or transmit electromagnetic signals and vibrations. For this reason, hair-to-hair uniformity and body-to-body compatibility are considered important within the scientific and indigenous beliefs of Eugenix P.S.A. and the Arcticus Blancus community.

Journal Book Organization

The Journal Book is organized into carefully designed sections that guide the observer from foundational identity details to precise, long-term documentation of hair changes. Each section serves a distinct purpose: establishing who is being observed, recording their biological and ethnic baseline, capturing relevant medical influences, and providing structured space for ongoing observations. Together, these sections create a complete, lifelong record that supports health monitoring, cultural preservation, and accurate interpretation of Indigenous and multi-Indigenous hair traits. By following the journal in order, observers can build a clear, consistent narrative of how hair types and colors evolve over time and what those changes may signify.

1. **Cover** - The Cover page establishes the identity and purpose of the Journal Book. It signals that this is not a cosmetic diary, but a formal health and heritage document created for Indigenous and multi-Indigenous individuals. The cover frames the journal as a lifelong record—one that protects personal history, supports cultural continuity, and provides a stable reference for future medical or ethnographic needs.

2. **Contact** - The contact pages gather all essential contact information for the observed person, their biological parents, guardians, and relevant institutions. Its purpose is to ensure that any future observer, clinician, or tribal authority can quickly identify who is being documented and how to reach responsible parties. Because hair changes can have medical, environmental, or hereditary causes, accurate contact data helps maintain continuity of care and supports verification of identity across time and place.

3. **Birth** – The birth pages allow to record the earliest biological data: conception date, birth date, body length, body mass, pregnancy length, and birth institution details. These measurements create a baseline for interpreting later hair changes. Many Indigenous and polar-origin phenotypes express differently depending on prenatal conditions, early growth patterns, and environmental exposures. By anchoring the journal in birth data, observers can distinguish between natural developmental variation and unusual or accelerated changes that may require attention.

4. **Medical** - The medical pages allow to document all vaccines, medical conditions, genetic diagnoses, medications, and unexplained symptoms throughout life. Hair changes often correlate with immune activity, hormonal shifts, nutritional status, stress, and chronic conditions. By keeping a continuous medical timeline, the observer can connect specific hair changes with possible triggers - helping clinicians differentiate between natural Indigenous variation and medically significant patterns. This section becomes especially valuable in adulthood, when long-term trends can be reviewed.

5. **Ethnic** - The ethnic pages capture the individual's ethnic hair types, hair colors, skin phototypes, and eye oris-iris colors at conception and at birth. This section is the cultural and scientific core of the journal. It preserves the person's Indigenous phenotype in a structured, measurable way, using: the Eugenix Ethnic Hair Classification system of Arctic, Coarctic, Rafaltic-Aquatic hair types and colors; the Eugenix extended fuller spectrum of skin phototypes ranging from 0 thru VII, and the Eugenix developed spectrum of eye oris-iris colors and tones that allow to define colors and tones of outside orbital surfaces of the eyes and inside radial surfaces of the eyes. For multi-Indigenous individuals, this section clarifies how different ancestral traits disappear, reemerge, combine, avert. It also provides a reference point for later changes - helping observers to identify when existing hair types disappear, when new hair types appear, when existing types shift or when other identifiable physical and non-physical factors such influence phenotype changes and sustainment's.

6. **Anatomy** - The anatomy pages provide standardized male and female anatomical region maps. Their purpose is to ensure that every observation uses the same body-region terminology, avoiding confusion between observers or across years. Because hair changes can occur in highly specific regions (e.g., abdomen, shoulders, jawline, lower back), consistent anatomical naming is essential for accurate comparison, medical interpretation, and cultural documentation.

7. **Journal** - The journal pages are an active and ongoing part of the journal book with 34 pages with 9 entry rows each that allow to type down all observed hair changes over time. Each of the 306 entry rows allow to capture:
    a. Observation number to numerically list all created single-row and multi-row entries.
    b. Observation date to record a detailed date of the entries.

c. Observed hair changes in categories of:
    i. Body region to specify body region of the referred entry.
    ii. Hair types and colors to specify what hair types and colors are the entry subject.
    iii. Count, percent, area to specify the exact count or percent or area of subject hair.
d. Detailed description of observed changes that allow the observed to describe all physical and hair types and colors observations and all found related physical and non-physical circumstances associated with observed changes as well as other circumstances that someday might be insightful.

The journal pages transform individual observations into a living scientific record. It allows observers to track the hair over months and years; these pages allow the record keeper-owner to preserve hair genealogy that would otherwise be forgotten or overlooked.

8. **Spare** - The spare pages located at the end of the journal book allow the observer to preserve two blank pages for journals medical and journals entries sections that will allow the author blank pages to xerocopy for continued records. The spare pages ensure that the journal can be expanded when the observed changes fall outside of total pages prepared in the journal book.

Journal Printing Instructions

Eugenix P.S.A. recommends that the journal book is printed always in a horizontal format. Journal book pages are recommended to be printed on both sides of the A4 format paper. Journal pages printed on a A4 format paper can be stored in a A4 Binder using clear-sheet protectors. Journal pages printed on a A4 format paper can also be binded together on a long or short side with removable spiral that allows to add more pages later. The Journal Book can also be printed on a A3 format paper that removes the need for Binder with clear-sheet protector and spiral which is very convenient, however binding additional pages to journal book printed on A3 format paper is not convenient and stylish to the journal book pages binded using a spiral or stored in a binder using clear-sheet protectors. Journal book anatomy pages are recommended to be printed in color.

Benefits of Journaling

Keeping a written record of hair-color and hair-type changes can become especially valuable in an uncertain future were environmental, social, or medical circumstances may require proof of one's natural phenotype. A long-term journal preserves an individual's authentic hair history, offering a reliable reference if questions arise about identity, ancestry, or unexplained changes that occur over time. In a world where climate, stress, and living conditions can influence hair appearance, having a documented timeline protects the individual from doubt and provides clarity when memory alone is not enough.

For Indigenous relationships - particularly those involving mixed-origin individuals or communities with strong phenotype traditions - knowing one's hair-change history strengthens cultural continuity. The journal helps individuals understand how their indigenous hair traits behave, interact, or re-emerge across different life stages. This supports informed relationships, protects indigenous identity, and preserves knowledge about how hair responds to climate, light, and environmental factors, which is especially important for Arcticus Blancus and other polar-origin groups whose hair carries cultural significance symbiosed to polar climate.

From a medical perspective, a detailed hair-change record can offer professionals valuable clues about underlying conditions. Hair shifts may reflect psychological stress, hormonal changes, nutritional deficiencies, autoimmune activity, or environmental exposure. By presenting a clear timeline of when and how changes occurred, the journal helps clinicians distinguish between normal hair variations and medically relevant symptoms. This can guide more accurate assessments and support early detection of issues that might otherwise be overlooked.

Together, these benefits make the Hair Changes Journal Book not only a cultural and personal archive but also a practical tool for future protection, relationship clarity, and medical insight. It preserves the story of one's hair in a way that supports identity, health, and resilience across a lifetime.

Recommended Readings

The Recommended Readings section directs observers to foundational materials that deepen understanding of Indigenous hair variations, phenotype expression, and the cultural significance of protecting and documenting hair changes across the lifespan. These texts and resources provide scientific,

ethnographic, and historical context collected by the Eugenix P.S.A. to support accurate use of the Journal Book.

Because many of the recommended materials are prepared directly by founder and president of the Eugenix P.S.A., readers should be aware that documents may contain grammatical inconsistencies and terminology that is not yet widely known, standardized, or universally accepted. This reflects the emerging nature of Indigenous phenotype research and the ongoing hardship in development of precise definitions within Arcticus Blancus and multi-Indigenous studies.

By engaging with these readings, observers gain a clearer sense of why hair changes occur, how they relate to ancestry and environmental adaptation, and why consistent documentation is essential for long-term health interpretation and Indigenous identity protection. This section strengthens the observer's ability to interpret journal entries responsibly and ensures that each recorded change is understood within a broader framework of Indigenous knowledge and contemporary research.

(I) Indigenous Health

a. Eugenix® Indigenous Health - Request to ICD to Classify Heterotriachium
b. Eugenix® Indigenous Health - Terminology of Unclassified Hair Disorders
c. Eugenix® Indigenous Health - Ethnicities and Outdigenous Conditions

(II) Indigenous Heritage

a. Eugenix® Indigenous Heritage - Short History of Natural Arctic Ethnicity
b. Eugenix® Indigenous Heritage - Classification of Sub Climatic Tribal Ethnicities
c. Eugenix® Indigenous Heritage - Indigenous Climatic Procreation
d. Eugenix® Indigenous Heritage - Protection Forms Instructions

(III) Ethnic Hair Quantum

a. Eugenix® Ethnic Hair Quantum - Climatic Hair Ethnic Classification
b. Eugenix® Ethnic Hair Quantum - Climatic Work Ethnic Predisposition

Listed below publications can be found on https://archive.org/details/@kris_pawlak and in the future thru other sources also in form of a published book that contains all written works of Eugenix P.S.A. - a simple shares company created and dedicated to protect Arcticus Blancus polar hair tribal

persons affected by generations of multi-indigenous relations that result in uncertain diminished indigenous health and uncertain future of the Arcticus Blancus and earth's climate.

Sincerely,

Godeo Optimo Maximo
Arctic Magnetic Earth Naturalist
Arctic Mankind Extinction Noticed
Antarctic Mass Excavation Nonetheless

Founder and Board President of
Eugenix P.S.A. - Simple Shares Corporation of
Arcticus Blancus - Indigenous polar hair tribe.